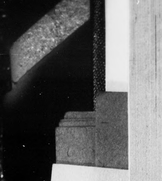

GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Hints You Can Use!

Many recipes call for ingredients we don't have in our cupboard. The smart homemaker who watches her grocery shopping budget should be familiar with the following substitutes and equivalents.

Butter or Margarine - 1 stick (¼ lb.) - ½ cup

Buttermilk - 1 cup= 1 or 2 tablespoons vinegar with sweet milk to fill cup (let stand 5 min.)

Chocolate (Unsweetened) - 1 square = 3 tablespoons cocoa plus 1 tablespoon butter.

Cream - 1 cup whipping cream = 2 cups or more after whipping

Eggs - 2 large = 3 small eggs

Leavening (Per Cup Flour) = Use 1¼ teaspoons baking powder or ½ teaspoon soda with 2 tablespoons vinegar.

Macaroni - 1 Cup = 2¼ cups cooked

Sugar, Brown = 1 pound = 2 to 2½ cups (packed)

Sugar, Confectioners = 1 pound = 4 to 4½ cups (sifted)

Sugar, Granulated = 1 pound = 2¼ cups.

Thickening - 1 tablespoon quick-cooking tapioca = 1 tablespoon cornstarch or 1½ to 1½ tablespoons flour.

Honey - 1 cup honey = 1 to 1¼ sugar plus ¼ liquid.

RECIPE OF THE WEEK

Hamburger Stroganoff

½cup minced onions
¼cup butter or margarine
1lb. ground beef
1 minced clove garlic
2 tablespoons flour
2 teaspoons salt
½teaspoon monosodium glutamate (optional)
2 teaspoons salt
½teaspoon monosodium glutamate (optional)
¼ teaspon pepper
¼ teaspoon paprika
1 lb. sliced mushrooms
1 can condensed cream-of-chicken soup, undiluted
1 can sour cream
Snipped parsley, chives or fresh dill

Saute onion in butter till golden. Stir in beef and next 7 ingredients; saute 5 minutes. Add soup; simmer, uncovered, 10 minutes. Stir in sour cream; sprinkle with parsley. Serve on hot mashed potatoes, fluffy rice, noodles, or toast. Makes 4 qt. servings.

Parents Taking Action - - - (PTA) is in full swing at the Appomattox Primary School. In the picture above, the Parent Volunteer Program, sponsored by the PTA, enables students to enjoy the music talents of a creative person here in Appomattox County. Our school looks forward to continuing close communication between school and parents. One of our foremost goals is to keep parents informed about our school activities and allow you an opportunity to assist in our educational program. Why not become one of the **Parents Taking Action** and contact the Appomattox Primary School? Phone number:352-5766.

Stonewall

And their sins and iniquities will I remember no more. Heb. 10:17.

Mrs. Elsie Krantz had her sisters and their husbands visit her over the week end. Mr. and Mrs. Sherman Morris, and Mr. and Mrs. Howard Barbour of Lynchburg, Va.

Mr. and MRs. Eugene Carson were dinner guest of her sister Sunday at Pamplin, Virginia.

Mr. and Mrs. Ben Wheeler, Mrs. Estelle Martin, Mr. and Mrs. Booker, Mr. Wallace Bondurant, Mrs. Helen Stratton, Mrs. Margaret Lee, Mrs. Elsie Krantz and Kim visited Mr. and Mrs. I. B. Wheeler last week.

Mr. I. B. Wheeler is doing fine, will soon be good as brand new. Thanks to God and the good doctors who waited on him.

Mr. Jim Herndon is still improving slowly.

Mr. Mundy Moore shows very little improvement.

Rev. Moore will have his parents to visit him this week end from South Carolina.

Mrs. Hazel Gallespie was called to the bedside of her sister Mrs. Leona Hawkins in Greenville, S. C. Saturday. She is in the hospital having eye surgery. Our wish is she will soon be able to go home.

Mrs. John Ewers went to Charlottesville to have a check up last Thursday. Her doctor gave her a fine report as to her health. On Wednesday of this week she will go to Richmond to an eye specialist. We hope and pray he may help her a lot.

Mr. and Mrs. I. B. Wheeler visited Mrs. Cleveland Caldwell Sunday evening.

Mr. and Mrs. Don Kalding has written their daughter Denise has been chosen from her school for an exchange student to go to Spain for a years study.

Mr. and Mrs. Claude Trent and daughters visited Mr. and Mrs. Wallace Bondurant over the week end.

Evergreen

Mr. Elmo Banton, from Mechanecsville visited his mother, Mrs. C. R. Banton.

The Methodist Church of Evergreen had their Homecoming Services Sunday with a large crowd of former members and friends attending the services.

Mrs. C. J. Paulette spent last week in Lynchburg with Mr. and Mrs. Cecil Lerner.

Mrs. W. C. Paulette spent last week in Petersburg with Capt. and Mrs. Paul Bishop.

Mrs. Lonelle Smith of Orange, Virginia visited Mrs. W. E. Warriner, Mr. and Mrs. Edsel Smith over the week end.

Mr. Lewis Harvey from McQuire Hospital spent the week end with his family.

Mrs. R. E. Harris, Mr. Jesse and Melvin Harris and Mr. and Mrs. R. E. Harris, Jr. are camping on Staunton River.

Rev. E. W. Terry of Evergreen Baptist Church is having a meeting this week in Kentucky.

The Evergreen Ruritans held their regular meeting last Thursday night at the community center.

Sympathy is extended to the family of Mr. J. A. Burke who was buried Sunday.

We are sorry to hear of Mrs. Ruth Clapp breaking her arm in a fall. She is at her daughters, Mrs. Alice Martin.

The pastor and deacons and their wives of Evergreen Baptist Church enjoyed supper at the Parkway Restaurant Saturday night.

Mr. and Mrs. Wylie Richardson and Mr. Garland Mayberry of Lynchburg was dinner guests of Mrs. Mott Harvey Sunday. Mrs. H. D. Baker and Mrs. David Paulette called in the same home.

There will be a call meeting of the Evergreen Cemetery Organization on Tuesday night October 1, 1974 at the community house. Please all members be present and members of Methodist and Baptist Church. This meeting will be at 7:30 p.m.

Mr. and Mrs. Jimmy Womack are the proud parents of a baby boy, Craig Elliot born at Virginia Baptist Hospital, September 24, 1974.

Michael Carrico entered Central Virginia Community College Monday to further his education. Mike is the son of Mr. and Mrs. Raymond Carrico.

Wreck Island Homemakers' Club

Members of the Wreck Island Extension Homemakers' Club met in the home of Mrs. Nina Caldwell on Sept. 18th at 1:30 p.m.

There were 12 members and one visitor in attendance.

One new member, Mrs. Elsie Krantz was welcomed to the club.

Devotions were given by Mrs. Marie Carson with a reading "Encouragement Better than Impatience."

Mrs. Tilden Lee read the minutes and gave the treasurer's report.

Mrs. V. A. Staten, president, conducted the business meeting and announced the following events and urged participation by the members.

Achievement Day will be held on Oct. 26th, 1974 at 1 p.m. at the new high school cafeteria.

Three members have volunteered to model clothes that day.

The annual Railroad Festival to be held at downtown Appomattox on Oct. 12 and 13th.

Mrs. Tilden Lee exhibited canned foods and horticultural products at the Five County Fair, winning 20 ribbons: 12 blue, 4 red, 3 white and 1 pink.

She was also awarded $10.00 for the best exhibit of ripe tomatoes from both the Junior and Open Class Division.

The Grand Champion Award Trophy was awarded Mrs. Lee for winning the greatest number of blue ribbons in the Adult Division at the Fair.

The club won third place on their educational exhibit booth, "Heirloom Eggshell Craft" and was awarded $10.00 and a white ribbon.

Mrs. Ruth Carson gave us a report on the Metric System.

The demonstration program "Arranging Flowers" was presented by Mrs. Shirley Walton. She showed colored slides on flower arrangement. Members received helpful leaflets on the topic.

The Homemaker's Creed was repeated after which the hostess served ice cream and cake.

For the October meeting a program on Australia will be given by Mrs. Ruth Carson.

The meeting will be held at the home of Mrs.Shirley Tanner on Wednesday, Oct. 16th, at 1:30 p.m.

Mrs. Tilden Lee, Sec.

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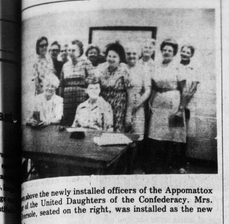
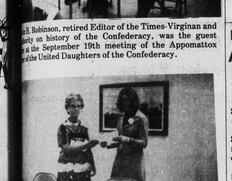


...above the newly installed officers of the Appomattox Chapter of the United Daughters of the Confederacy. Mrs. Eversole, seated on the right, was installed as the new president.

...L.E. Robinson, retired Editor of the Times-Virginian and author of history of the Confederacy, was the guest speaker at the September 19th meeting of the Appomattox Chapter of the United Daughters of the Confederacy.



...Thelma Martin, left above, outgoing President of the UDC Chapter, welcomes new member, her daughter, Faye Martin Speck.

...cers Installed At UDC

...ma Eversole was ...president of the ...ppomattox Chapter, United ...of the Confederacy, ...gular meeting held ...night, September ...Triangle Plaza Branch, ...National Bank. She ...Mrs. Thelma Martin, ...ing officer was Mrs. ...of Lynchburg, past ...of the Virginia Division. About thirty members and guests attended the meeting.

Mrs. Lucille Ferrell, Chapter Historian, presented the historical program, with Mr. Calvin H. Robinson as the speaker. The subject for the month was Lucius Quintus Cincinattus Lamar. Mr. Robinson described Lamar as a distinguished Confederate soldier, statesman, orator, and judge. He served in the War Between the States as Lt. Colonel in the Confederate Army. Later he was a professor at Mississippi State University, was renowned as a public speaker and debator, was elected Congressman and U.S. Senator, served as Secretary of the Interior in the cabinet of President Grover Cleveland, and in 1877 became a Justice of the U.S. Supreme Court. Mr. Robinson detailed Lamar's career and described him as a brilliant example of the leadership given to the South and the nation.

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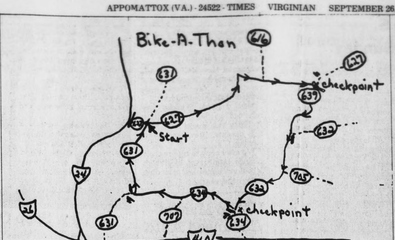

Route For Appomattox ACS Bike-A-Thon

Shown above is a map showing the route to be followed on Sunday, September 29th, when local riders will take part in the Bike-A-Thon for the American Cancer Society, Appomattox County Unit.

The route is approximately ten miles long, beginning at 1:30 p.m. at the junction of Route 627 and Route 631. Two check-points will be set up where cards can be stamped and riders will receive refreshments.

All safety factors have been taken into consideration, a police escort from the Appomattox County Sheriff's Department will lead the riders, the Appomattox County Rescue Squad will have a vehicle traveling with the cyclists, along with squadsmen at each checkpoint. The Bike-A-Thon route will be marked and signs leading into the area will warn motorists of the Bike-A-Thon in progress.

It is the firm desire of the Appomattox County Unit of the American Cancer Society to make this a safe and sane ride and not a race.

Elected to American Angus Association

Harold T. Blanks, Spout Spring, Virginia, has been elected to membership in the American Angus Association at St. Joseph, Missouri, announces Lloyd D. Miller, executive secretary.

There were 276 memberships issued to breeders of registered Aberdeen-Angus in the United States during the past month.

Sewing Class For Adults

A Sewing Class for adults will be held by the Home Economics Teachers at the Middle School. If you are interested meet the Home Economics teachers at the Middle School Tuesday night, October 1, 7:30.

Pastor's Anniversary

The Pastor's first anniversary will be held at the First Baptist Church Sunday at 2 p.m. Rev. L. E. Hankins and the Brookville Baptist Church Choir of Lynchburg will be the special guest. The public is invited to come.

Impressive services were held at the First Baptist Church Sunday at 11 a.m. Rev. Deb Christian and his choir rendered services. He spoke from the subject, "Time is running out." All present enjoyed the message. We were happy to have all our visitors to worship with us Sunday and we invite you all to come again.

On October 13, 1974 at 4 p.m. there will be a fashion show. Come one, come all and see the new and old fashions.

Mrs. Gladys McCoy, of Charlottesville, visited Deacon and Mrs. Hamlett Monday and Tuesday.

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Mrs. Godwin Is Christmas Seal Chairman

Dr. James P. Baker, president of the Virginia Lung Association (VLA), has announced that Mrs. Mills E. Godwin, Jr., wife of Virginia's Governor, will serve as 1974 Honorary Christmas Seal Campaign Chairman in Virginia. Mrs. Godwin was honored at a brunch at 9:30 a.m. on Thursday, Sept. 19, at the headquarters of the Richmond Area Lung Association at 2315 Monument Avenue in Richmond.

Also attending the brunch were regional Honorary Christmas Seal Campaign chairmen, presidents of regional lung association board of directors and regional program directors. The Virginia Lung Association's 1975 program of work, presented via sound slides, was previewed during the morning's activities. Representing the Virginia Lung, Central Region Association at the brunch were Miss Anna F. Dickoff, president and Honoary Christmas Seal Campaign Chairman, Mrs. Emma G. Anthony, regional program director and Arthur L. Crews, board member.

Governor Godwin has proclaimed November as "Christmas Seal Month" in Virginia. A delegation from the lung association, including officers of the V.L.A. Youth Board will present Governor and Mrs. Godwin with 1974 Christmas Seals and a small Christmas tree decorated with Christmas Seals in October. Ornaments for the tree are being designed and made by the VLA Youth Board of Directors.

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